





# The Wellbriety Movement

The mission of the nationwide Wellbriety Movement is to disseminate principles, values, and teachings. A sustainable, grassroots movement, they support healthy community development, servant leadership, and healing from alcohol, substance abuse, co-occurring disorders (i.e., the coexistence of both a mental illness and a substance abuse disorder), and intergenerational trauma. Their goal is to provide culturally-based healing for the next seven generations of indigenous people.

Here in Livingston, they meet on Monday evenings at 7 pm, at the Spirit House Yurt on 47 Billman Lane. It's a safe comfortable place to share and heal. All are welcome. It's not just for alcoholics, addicts or trauma victims, but for anyone trying to heal themselves. The meetings begin with

ceremonial smudging. Each meeting they learn and review an aspect of the teachings (listed below) and have a talking feather for those who want to share.



**The Wellbriety Teachings cover five major aspects of healing.**

- Four Laws of Change Healing Forest
- Teachings of the Medicine Wheel (Circle Teachings) Innate Learning

- Cycle of Life
- How to Conduct Talking Circles
- Hurt People, Hurt People

This is a path to sobriety based on Native American teachings and the Twelve Steps Program. The meetings are open to everyone, not just Native Americans. To learn more, visit [WellbrietyMovement.com](http://WellbrietyMovement.com), or call Tom Bradley at 406-946-2972.

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## Poetry Spotlight

### MIKE AND ME

Written by: Robert Nehls

It's time to go and I feel so free.  
There's a place out there for Mike and me;  
Where the sun shines bright and the wind don't blow.  
"Follow me," Mike says, "now it's time to go."  
Without a question I'll grab my things,  
With no care of what tomorrow brings.  
Cause Mike knows best and I don't know.  
"Follow me," Mike says, "now it's time to go."

We have been to places far and wide.  
Mike has always been there by my side.  
With laughter, love and time to spend.  
"Follow me," Mike says, we have life to tend."  
A couple of fools with far off dreams  
And nothing more, that's how it seems.  
But we're rich with life's sweet dividend.  
"Follow me," Mike says, "we have life to tend."

Since the day we met it's been this way;  
There's an urgent call, we can't delay.  
We've got things to do, it's an endless race.  
"Follow me," Mike says, and he sets the pace.  
But at night we'll rest and I'll brush his hair,  
And he'll give me kisses everywhere.  
Tomorrow's fancies again we'll chase.  
"Follow me," Mike says, and he sets the pace.

Mike will never ask for much you see.  
All he really wants is love from me,  
And a little food in his favorite bowl.  
"Follow me," Mike says, "it's good for your soul."  
Then he'll wag his tail, point his little nose,  
I'll just tag along everywhere he goes.  
We'll cross life's bridge and pay the toll.  
"Follow me," Mike says, "it's good for your soul."

I'm just a boy and he's my best friend.  
With laughter, love and time to spend.  
Been together since our first hello.  
"Follow me," Mike says, "now it's time to go."

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Lorene Hull, Paul "Pat" Mikesell,  
Sue Miller, Walter Lewis III, Kathy Morrow

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# Residents Fight Uncontrolled Development at Ballot Box

## “No on Ref. 1” Seeks to Protect Local Control & Quality of Life by Upholding County Growth Plan.

Park County residents are working to defeat a ballot initiative they fear will lead to more traffic, degrade water and wildlife resources, and spur even higher home prices for local residents.

Referendum 1 is a Park County voter-initiative that proposes to abolish the county’s growth policy, adopted in 2017. A growth policy is a non-regulatory planning document that counties and municipalities across Montana utilize as a guide for making informed decisions about their future.

At a campaign event on Tuesday, residents opposed to Referendum 1 announced they have mobilized and established a ballot committee to educate voters about the issue before the June 4th primary election.

“When it comes to growth and development, we want to protect our local control and our voice on these issues,” said Colin Davis, treasurer of No on Referendum 1. “Referendum 1 will open the door to uncontrolled growth, increased traffic, subdivisions in the wrong places, higher home prices, and more competition for limited water.”

The No on Referendum 1 campaign has launched a website at [www.noref1.org](http://www.noref1.org) to help with education. The campaign plans to spread the word



about the consequences of Referendum 1 this spring by raising money, producing yard signs, hosting house parties and public events, and talking with friends and family.

Referendum 1 and the Growth Policy Referendum 1 qualified for the Park County ballot last year after a petition-drive collected 15% of the qualified electors of the area covered by the Growth Policy. Jen Vermillion, a ranch manager in the Shields Valley, says she became concerned with the false information being presented to residents when they were asked to sign the petition.

“For me, this is about helping my neighbors learn the truth about our growth policy and how it serves rural interests by protecting the things we all cherish and value about Park County,”

said Vermillion. “A vote against Referendum 1 means we want to keep locals in the driver’s seat instead of letting out-of-state wealth

and developers dictate our future for us.” Park County’s growth rate has dramatically accelerated in recent years. The annual growth rate of the past 5 years is over 7 times faster than the growth rate of the previous 17 years.

According to a recent report by the Park County Community Foundation, an average of 86 new septic systems are installed annually in Park County.

Meanwhile a new report from Headwaters Economics shows 37,600 acres of open space in Park County has been converted to housing in the last twenty years.

These numbers worry Rick Wollum, a longtime fishing guide and fly shop manager on the Yellowstone River.

“Open space, clean water, and a rural pace of life are paramount for our communities and the healthy environment that fuels our economy,” said Wollum. “A growth policy ensures that locals have tools and public input to guide growth, which is only going to become more intense in the future.”

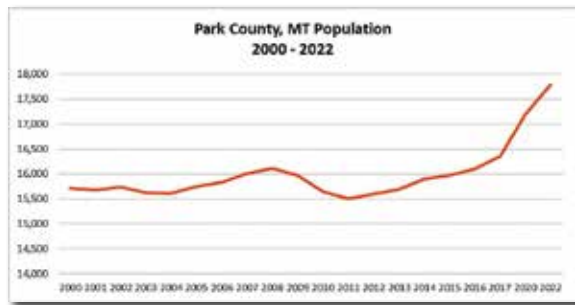
Opponents of Referendum 1 also point out that the County will lose funding support in the absence of a growth policy.


Park County has estimated that 20% of all grant applications in the past 15 years, or \$10 million dollars, would not have been successful without a growth policy in place.

Referendum 1 will be on the June 4th primary ballot. Only Park County residents who live outside of incorporated towns will be eligible to vote on the issue.

### About No on Referendum 1

*No on Referendum 1 is a ballot committee founded by Park County taxpayers dedicated to protecting their local control and local way of life by educating residents about the consequences of Referendum 1. More information can be found at [www.noref1.org](http://www.noref1.org).*





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**Meals for March 18th-March 22nd**

**March 18th–** Reubens, fries, fruit

**March 19th–** Spaghetti, garlic bread, veggie, fruit

**March 20th–** Hot dogs, baked beans, fries, fruit, dessert

**March 21st–** Meatloaf, veggie, gravy, potatoes, fruit  
In-house salad bar 11:30am

**March 22nd–** Tomato soup, grilled cheese, fruit, dessert

Serving food 12pm-12:15pm take as long as you need to eat and socialize!!

# Easter Dinner

**FRIDAY, MARCH 29TH, 2024**

**HAM, SWEET POTATOES, GREEN BEAN CASSEROLE, ROLL, DESSERT, FRUIT, MILK**

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*Lunch & dinner*

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# Park County Community Journal

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**Disclaimer:** While attempts are made to ensure the accuracy of all information, errors will occur. Independently verify all vital information before events.

We gladly accept the following cards:



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# Spring Fling Craft Show

The weather is starting to warm up, so let's get out of the house, grab a friend, and head down to the Spring Fling Craft Show! Browse and meander around the booths. Take time to appreciate the works of local craftspeople. You'll find eclectic, curated items such

as jewelry, ceramics, natural skincare, handmade soaps, herbal-tea infusions, artwork, handcrafted gnomes, paintings, horseshoe art, woodcrafts, gifts of all kinds. You're sure to find your next treasure! And to entice your taste buds, Daisy Donuts will be there, along with many other delicious confections and baked goods.

The craft show is on Saturday, April 6th, from 9 am to 4 pm, at the Park County Fairgrounds (46 View Vista Dr.), in Livingston. Cash admission is \$1 for



adults and children 12 and under free.

Raffle tickets for several prizes will be sold throughout the day, which are donated by the vendors. Park County Rural Fire District #1 is running this raffle as a fundraiser.

K and E Sweets' new venture, Old Faithful Franks will be serving gourmet franks out of the kitchen! Of course, they will have their wonderful treats for sale too.

Don't miss the Spring Craft Show extravaganza!

## Spring Fling Craft Show

### Sat. April 6 9-4

## Park County Fairgrounds

Arts & Crafts  
Confections & Baked Goods  
Eclectic Curated Items

Raffle Prizes

\$1 admission  
children under 12 free

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The Livingston Depot and the Yellowstone Gateway Museum are teaming up for a lively night filled with PRIZES, RAFFLES, local FOOD and DRINK vendors, and more!

Test your knowledge of Park County trivia. Winners take home a CASH GRAND PRIZE, bragging rights, and their names immortalized at both museums.

Fundraising proceeds to benefit BOTH Museums

### How much do you know about Park County?

# Bird Feeder Cleaning? You Betcha!

If you haven't done so already, now's a good time to get into the habit of regularly cleaning out your bird feeders. Why is it important to clean your feeders? Read on for some helpful dos and don'ts.

The main reason to keep your feeders

squeaky clean is to prevent the spread of bird diseases. Wet, moldy birdseed, bird droppings, and harmful bacteria can make birds sick, even fatally so! Dirty bird

feeders attract insects, mice, and other rodents. This is why it's also important to clean under your feeders as well—fallen seed quickly becomes moldy or spoiled, and birds might feed on this ground seed. Plus, this scattered seed attracts pests you don't want in your yard or home.

The National Audubon Society recommends cleaning your bird feeders once or twice a month, and more often in wet or hot, humid weather. So definitely clean them each spring and fall at a minimum. Hummingbird feeders should be cleaned more regularly—once a week, and more often in hot weather. A good rotating practice is to have a second, cleaned and filled feeder ready to go.

DO soak your feeders to remove fat buildup. Birdseed mixes like suet have the fat and protein birds need to migrate long distances, survive long winters, and raise their young. The high fat content can cause grease buildup on your feeder. To counteract

this, simply soak your feeder in hot, soapy water for at least 15 minutes before scrubbing it thoroughly with a water-vinegar solution in a 4:1 ratio.

DO disassemble your feeders before cleaning. Harmful bacteria can hide in the

smallest of cracks, so it's important to disassemble your feeders before cleaning them. Remove and clean ports, perches, bases, and all parts before reassembly.

DO dry your cleaned feeder in the sun. If possible, put your newly cleaned feeder out in the sunlight to dry. This will help break down any remaining bacteria.

DON'T ignore sick or dead birds in your yard. If you find one or more dead birds in your yard, or if you observe a bird that seems lethargic or otherwise ill, it could point to a bigger problem. Your seed mix may have spoiled, or bacteria from your seed or your feeder itself may be making them sick.

DON'T let fruit go rotten in fruit feeders. Check your fruit bird feeders daily for fruit pieces that are spoiling or molding. If so, immediately remove the rotten fruit and clean your feeder.

DON'T ignore birdbaths. Just like your feeders, these also need to be cleaned regularly. Use the same cleaning frequency and solution that you use on your feeders to keep these tidy and disease-free. Happy Birding!



## CANINE CORNER

by: **Kylie Purcell**

Kylie has been actively training Livingstons dogs since 2009. She began teaching dog obedience with late, great Jo Sykes, and the rest is history!

Montana Dog Company is proud to offer retail, 24 hour self dog wash, dog training and so much more. Kylie has competed with North American Dog agility Council for over 25 years and with many different breeds of dogs. Even though training is her passion she enjoys the outdoors with her husband, toddler, and baby boy. Livingston is her home and she is here to work for you and your pup! Contact her today!

**Q: My pup will not stop jumping up on my counters! Are there any tips to help stop this?**

**A:** Counter surfing is one of the most frustrating bad behaviors for a dog! First off, let's make sure we are setting your pup up for success. Limit the amount of yummy and easy to access items that are left on your counter. Push them back to the walls or remove them completely. Next, if your pup is doing this when you are home—try and catch them in the act. When you do catch your pup jumping on the counters it is important to associate a word with what they are doing, "No Counters, Get off, etc." Make lots of noise and really try to surprise your dog. You do not need to hit your dog or do any type of physical punishment, in fact, the more of a surprise you can make it the better. If this is happening when you are not home either try

limiting your dogs access to these areas by utilizing a kennel or set up a trap for your pup. I have had the most success with using the old style mouse traps, (the metal and wood ones that try to snap your fingers off) set a couple of these on your counters and place either a sheet of aluminum foil or newspaper on top of them. The mouse trap is not going to snap onto your dog, but it will snap into the newspaper or foil and provide a scary moment of surprise for your pup. This also works to keep pups off the furniture as well. If all else fails do consult with a local trainer for more info!

**To submit your questions Text or call 406-333-1980 or email [kylie@montanadogcompany.com](mailto:kylie@montanadogcompany.com)**



# Peace Heroes of the World Unite!

by Joyce Johnson

PEACE is a big deal, timeless and has many levels of interpretation, doesn't it? For a simple visual, I see the sweet image of a baby sleeping in trust and serenity with a teddy bear under his arm. All the way to the other extreme, of a Yogi seated in lotus position with crossed legs, eyes rolled up in incredible heights of conscious bliss obtained in hours of meditation, in a state of Oneness with the divine, or Nirvana. Though I have a few times experienced meditation's gift, an indescribably peaceful state, I have a hard time getting to it. There it is. And many of you nod.

Enter "Monkey Mind," an ancient Asian term referring to the chattering mental state of us regular humans, the main obstacle to peace and health—is successful meditation. Hear and envision a tree full of noisy monkeys. Yet, this is the rub, we think the mental chatter is us—the thoughts, reactions and concerns we think about as we



run through our day's chores and obligations and encounters. Enter another visual, a squirrel running on its wheel in a cage. Get it? I do, in truth, keep trying to form the habit of a period of disciplined stillness daily. Easier said than done. A tree full of chattering monkeys is a comical vision of the truth, and everyone nods quietly, guilty?

But here's my creative defense, I yam what I yam. I am one of the busy-brain types who has fun herding creative thoughts and imagination into an orderly thing like a mom happily herds her beloved little kids around the playground or the beach, like I herd words around in writing, or colors and lines around in art. We busy-brains are plotters of order and enjoy the workings of our observations and feelings about Life! Baby Boomers remember growing up with intelligent cartoons like, Bullwinkle, or Popeye the Sailor Man who would daily swallow a can of spinach and said bravely, "I yam what I yam!" and he didn't mean sweet potatoes. But in a word, today's world needs to heal.

Conscious focus on breathing is a great simple beginner step to



"Montana style group and solo meditation." Yes? :-D

peace, and though it sounds a bit stiff and formal, if practiced, leads to self mastery—becoming your own hero, in charge of self. The best working step of many is to light a candle and focus on the flame and ones breathing, and the mental waffle will withdraw, more or less. Takes practice—to put you in charge of your feelings and thoughts.

So powerful and important is a peaceful state of mind, that thoughts and feelings need to be on a leash so to speak. The result of making decisions from a calm and not over-reactive state, like anything of great value, needs to be practiced daily into habit. (Hear the "D" word—discipline yet?) But the potent reward is none other than Self Mastery—the very reason we are on all Paths. And should be taught in kindergarten. Add the Golden Rule and

hey, what else is there?

We are the secret Peace Heroes. There are millions of people who meditate 4 or 5 hours a day. To those I bow. They affect the planet silently, many walk the talk of love and tolerance, compassion and forgiveness. All life on Earth is hungry for this. Our individual contribution to world peace is far greater than is taught or known by most, but begins here, in our little ol front yard, within each one of us. Peace within you will get all over everyone. Why would we want any other state? It is the Last Best Place. And the First.

*PCCJournal welcomes your submissions of experience, story and contribution to community health and creativity. Write to the Editors at [community@pccjournal.com](mailto:community@pccjournal.com) or me at [jelejohnson@yahoo.com](mailto:jelejohnson@yahoo.com),*

## Annual Spring Cleaning Sale At The Shane Center

On Saturday, April 6th, from 10 am to 4 pm, the Shane Lalani Center for the Arts kicks off its annual two-day Spring Cleaning Sale event.

This is the organization's third costume and prop fundraising sale. Shoppers can expect everything from vintage clothing, arts & crafts supplies, household items, dinnerware, appliances,

books, electronics, tools, furniture, toys, sound equipment, musical instruments, and more.

Erika Adams, Executive Director of the Shane Center, shared "... that garage sale prices are pay what you want, and that proceeds will be used to improve the Shane Center's costume and prop shop. It's a great way to get your Halloween

costume early. It's also a fun opportunity to snag props and costume pieces from your favorite Shane Center production."

The sale extends to Sunday, April 7th, from 10 am to 2 pm. Shoppers are

encouraged to bring a few friends and reusable bags for their finds.

Learn more about upcoming Shane Center events at [www.theshanecenter.org](http://www.theshanecenter.org).



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# Looking Back *with Lindie*

Looking back, I remember when Montana held the Mrs. Montana competition. In the 1960s, Livingston was fortunate enough to have six beautiful homemakers chosen to be Mrs. Montana, unbelievable! What an oddity that three of those winners lived within a city block of each other!

That amazing trio included Diana Boom. Diana's husband, Kenneth was one of our local dentists at the time. And Elizabeth Parriott whose husband Bill was part owner of Livingston Hardware. The third in the trio was Bev Bakkum (pictured here). They were all neighbors, living only houses apart!

The three other beauty queens were Betty Juhnke, Darlene Sullivan, her husband Gerald was a Park County



**July 2, 1966, Livingston Roundup Parade, Mrs. Montana, Bev Bakkum and her husband Ben Bakkum, the Park County High School Commercial Arts teacher.**

High teacher too, and Barbara VanOrden Shandy. All six of these ladies were blessed to hold the Mrs. Montana Title.

I remember how proud I was to be from the same town. Must be something in the water, huh?

## Community Foundation

from page 1

Developmental Coaching takes a holistic approach to coaching staff that includes both personal and professional considerations, creating a culture of collaboration and belonging in an organization. This half-day seminar will be conducted at the Shane Lalani Center for the Arts and includes a complementary luncheon.

Registration is now open, and seats are limited. Don't miss this opportunity to invest in your professional growth and organizational success. To register and

for more information about each session, please visit [https://find.pccf-montana.org/Intro to Coaching for the March event](https://find.pccf-montana.org/Intro%20to%20Coaching%20for%20the%20March%20event) and [https://find.pccf-montana.org/Developmental Coaching for the April half-day seminar](https://find.pccf-montana.org/Developmental%20Coaching%20for%20the%20April%20half-day%20seminar). Attending both sessions is recommend to get the greatest benefit, but it is not required.

*For more information about the Nonprofit ACTion Program, contact program coordinator Keva Ward by emailing [Keva.Ward@pccf-montana.org](mailto:Keva.Ward@pccf-montana.org) or calling 406-224-3920, or visit the Park County Community Foundation website at <https://find.pccf-montana.org/NonprofitACTionTrainingProgram>*

# Girl Scouting and

by Jill-Ann Ouellette

No doubt, cookie season is here—it's March. I don't know about you, but I've already had a lovely little lady knock on my door. Sometimes we forget about the purpose of the Girl Scouts and think only about getting some of the cookie deliciousness. Okay, maybe a half dozen boxes of deliciousness! But their annual fundraiser is about more than just cookies.

Girl Scouts of the USA is a nation-wide, youth, non-profit organization that promotes building confidence, courage, and character of girls, which makes the world a better place. These traits make for a successful future, lead to an abundant life, both individually and in community. Members earn badges for completing tasks and mastering skills. The girls' activities involve camping, community service, and practical skills, such as first aid, cooking, outdoor skills, etc. The cookie sale teaches crucial skills in business such as: marketing, by organizing their cookie selling; accounting, by handling money; distribution, by making deliveries; and sales, by greeting customers and approaching

*Cookie*

strangers safely. For most girl scouts, this is their major fundraiser for summer-camp fees. The Girl Scout Law is



a wholesome pledge: "I will do my best to be honest and fair, friendly and helpful, considerate and caring, courageous and strong, responsible for what I say and do, and to respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout."

Next time you see a table of cookie sellers around town, go ahead buy some cookies! Shake a girl scout's hand to help them learn a good, solid handshake, which is also important in business.

## VOLUNTEER SPOTLIGHT

### Park County Senior Center



#### Alexis Ragenovich

a Montana native, was strolling down Main Street and found herself stopping at the Park County Senior Center to ask if they needed volunteers. She had worked with seniors before moving to Livingston three years ago. Now Alexis volunteers for the center about ten hours a week. Her tasks vary from washing windows, moving furniture, and bathroom cleaning, to making decorations. Her favorite part

of volunteering at the center is time with the residents. She says dancing with the seniors at the Valentine Gala was really fun!

Alexis soon inquired with the Habitat for Humanity group that is currently working on the demolition for the new fitness center. She puts in five hours a week helping them on that project. Alexis enjoys learning the construction trade, and she likes getting stuff done!



**205 S. Main St.  
Livingston**

**406.333.2276**

**ParkCounty  
SeniorCenter.org**



***The Park County Senior Center's Mission is to promote the physical, intellectual, and social well being of seniors, 50 years of age or older.***



**VOLUNTEERS NEEDED!** The Senior Center is actively recruiting electricians and plumbers for The Hub Fitness Center and nurses for Foot Clinics and Blood Pressure Clinics. They also need instructors for activities at The Hub such as yoga, low-impact exercises, as well as for arts and crafts projects, game nights (bingo, bridge, etc.), and other senior subject-matter specialists. If your grandmother would like it—we can try it!

**To Volunteer at the Senior Center, contact Garrick Faust, Senior Center Coordinator, at 406-333-2276, or send an email to: [garrick@parkcountyseniorcenter.org](mailto:garrick@parkcountyseniorcenter.org).**

If your organization would like a Volunteer Spotlight, contact Jill Ouellette by email at [jill@pccjournal.com](mailto:jill@pccjournal.com).





# Dewinterizing Your RV

With Jon Albert

It's almost RV season, but your motorhome or fifth wheel has been sleeping all winter and could use a thorough

looking over before it's ready for your first camping adventure. Don't cut corners when dewinterizing—take the time to do it right! There are two common mistakes



that can ruin that first trip.

First, inspect your leveler system and make sure it's working properly. Clean the hydraulic pump, the electrical connections, and the jacks. Lubricate the jack rods if needed.

Second, inspect your tires and your wheel bearings. Look for dry rot in your tires. This happens when the RV has been sitting in the sun for a long time. Your tires will lose pressure over winter so

make sure you fill them to the correct PSI. Remove the tire/rim and clean the wheel bearings. If you've driven on unpaved roads, there might be dirt or gravel there. Grease the bearings after cleaning them.

Once you've done those often-overlooked inspections, it's time to flush the antifreeze from your plumbing. After flushing the antifreeze and draining your black water holding tank, use trisodium phosphate (TSP) drop-ins for the toilet and let the water run. That will help disinfect the tank and break down the waste.

Finally, test and charge the batteries. Now that your RV is ready, it's time to recreate!



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*Luis Briceno*

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# SOME BASICS TO GET YOUR STARTED WITH ESSENTIAL OILS

Nowadays, it seems everyone knows something about essential oils, used them, or has a story about their experience with them. Oftentimes, people are just curious about them.

Humans have been using plants, flowers, trees, roots and herbs, and their extracts, for thousands of years. They have been used in cultures ranging from India to Egypt to Rome to China—for religious ceremonies, for beauty, for ailments and illnesses, for flavoring food, and of course, for aromatherapy. Think of medieval times when there were herbalists, healers, or witches – all experts in the use of the regional plants and herbs. Think of Native American medicine men who made extensive use of the plants and herbs of their regions. Modern day Ayurvedic practices continue to make use of plants and herbs. So, essential oils are not a fad nor are they new to the scene.

Essential oils are extremely concentrated, always keep in mind that a single drop of essential oil will service every cell in your body. It literally takes just one drop. For example, a single drop of peppermint essential oil is so potent that you would

need to drink nearly 30 cups of peppermint tea to get the same effect! When cooking with essential oils, the essential oils are as much as 50 times more potent than their counterpart dried cooking herb.

This also means that oils typically are quite inexpensive, considering that you just need a single drop for one application. When you break the price down to cost per drop, often it is usually just a few pennies per drop.

So, what exactly are essential oils and where do they come from? They are not actually “oils” in the traditional sense but are more accurately described as volatile compounds. The “volatile” simply refers to the chemical compounds in the essential oils, including those that make up the scent, that allow them to disperse rapidly into the air. When you open a bottle of essential oil, you can smell it instantly due to those “volatile” compounds. And if you were to leave the cap off a bottle of essential oil, that volatile compound would evaporate. Essential oils are not typically oily or greasy as the word “oil” implies. If you put a drop of most any oil on your hand, provided it is pure and from

a reputable producer, it will evaporate but will not leave your palm feeling greasy. Essential oils come from all parts of plants, the roots, seeds, peel, bark, flowers, leaves, roots, you name it. Many factors impact the quality and purity of an oil, such as: where the plant was grown, whether the plant was harvested at the ideal moment of ripeness, whether the plant received the right amounts of a variety of growth factors (moisture, sunshine, etc.), how the plant was harvested, how distillation occurred, etc. Each step of the process from planting to distillation matters a great deal to the end products quality, potency and purity of the essential oil. Humans and plants are both carbon-based organisms, so the extracted essential oils from plants are both compatible and helpful to humans.

Does it matter where you buy them? Without a doubt, this is critically important. The key is to use essential oils from companies who are committed to quality (i.e. do a great deal of testing), transparency (available to the public on each oil) and purity. The old adage “You get what you pay for” is certainly true. If you want to get good results, you need to use quality oils. It is important to purchase therapeutic grade essential oils. There are hundreds of brands out there in the market and many contain synthetics, are adulterated or contaminated, etc. And why would you be willing to breathe in, apply or ingest an essential oil that isn’t of the highest quality?

How are essential oils used? Generally speaking, there are three methods of using essential oils: aromatic, topical or internal.

- **Aromatic:** scent is the most closely linked sense to the brain—that’s why you can smell Chanel #5 and immediately be transported to a wonderful memory of your grandmother. Smell bypasses the “logic” part of the brain and goes to the “emotional” part of the brain, the limbic system, first. To enjoy essential oils aromatically, you can simply open a bottle of essential oil and enjoy the scent. Or put a drop in your hands and inhale. You can use a diffuser to disperse the scent via microdroplets of water. You can create a room mist or linen mist. You can add essential oils to a homemade household cleaner. You can add a drop to diffuser jewelry. You can add essential oils to dryer balls.
- **Internal:** Historically, people have

used plants and herbs for thousands of years in this manner. Perhaps some ginger for a turbulent tummy. Adding cinnamon to pumpkin pie. Essential oils taken internally enter our bloodstream via the gastrointestinal tract and are metabolized by our organs and ultimately excreted. You may have several doses during a given day for your purposes, every 4-6 hours is fairly common.

- **Topical:** Most oils can be applied “neat,” meaning without diluting and easily penetrate your skin. However, the addition of a “carrier oil” (such as fractionated coconut oil, olive oil, unscented body creams, etc.) will help keep the molecules of essential oil from evaporating and will keep the oil on your skin longer, improving absorption. Application areas vary, depending on what you are applying the essential oil for. Back of the neck, temples or forehead, spine, bottom of feet, chest, inside wrists and elbows are all common areas of application. One of the most frequent topical application methods is to add essential oils to an unscented body cream and apply. You might also add 1-3 drops to ½-1 cup Epsom salts and enjoy in a warm bath.

In today’s world, we are once again looking to nature and recognizing essential oils as formidable supporters of physical, mental and emotional health. There is a renewed interest in natural solutions rather than chemical solutions and essential oils are rapidly becoming the top choice for natural health.

So, now that you know a little about essential oils, where they come from and how they can be used, I hope that you will jump into trying some essential oils in your home. Feel free to reach out to me via email or phone with questions, I am happy to help! You will be amazed at all of the things they can do for you, completely naturally!

Shannon Kirby  
doTERRA Wellness Advocate  
athena68@bresnan.net  
406-930-2174

*\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

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Catherine Nelson, Ph.D.  
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# MSU Park County Extension

MSU Park County Extension will host a Servsafe 4-hour Food Handler certification class on Monday, April 29th from 1-5 pm, at 119 South 3rd Street in Livingston. Register now to get your staff food handler certified. RSVP by 4/24/24 to park@montana.edu or call 406-222-4156.

# Philanthropic Education Organization announcement

P.E.O. Chapter BW has announced the offering of two scholarships for young Park County women.

- 1) A \$2500 College Scholarship for Park County seniors seeking a 4-year college degree. Applicants must have a 3.0 or greater GPA and have shown a commitment to community, leadership potential and initiative.
- 2) A \$1500 Education Scholarship for girls who have graduated from a Park County High School or were home-schooled in Park County and who plan to continue or pursue studies towards a 2-year technical degree or certificate, or a 2-year Associate Degree. Graduating seniors who plan to attend a 4-year college are also eligible to apply. Applicants

must have a 2.0 or greater GPA and be 21 years old or less and can demonstrate a commitment to their chosen field, work ethic, initiative and the likelihood of successful completion of the chosen course of study. Please visit the high school guidance office to apply or send an email to ybrutger@gmail.com. DEADLINE TO APPLY IS 4/12/24.

P.E.O. is a philanthropic organization where women CELEBRATE the advancement of women; EDUCATE women through scholarships, grants, awards, loans and stewardship of Coffey College and MOTIVATE women to achieve their highest aspirations.



*by Nurse Jill*

Who doesn't want all of that? And, the added side effect is that if you glean all the benefits listed above you will be better equipped to tackle other

Remember even the simplest of

Start practicing gratitude each day

*For more information on how gratitude can positively impact try looking up the Greater Good Science Center on-line.*

HRDC is available at their Livingston office during regular business hours, located at 121 S. 2nd Street. Please call Dean Williamson, 406-585-4878, or email [dwilliamson@thehrdc.org](mailto:dwilliamson@thehrdc.org) with questions or to set up an appointment.

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Bloomington, IL







# Jace Page, Parker Wyman, and Ellie Reinerston Named to the 2024 District 12C All-Conference and All-State Teams

Park County Dugout | Livingston  
By: Jeff Schlapp

The Montana State basketball playoff was well-represented by the best conference in Class "C" Basketball, 12C, as they swept the Western C Division by taking 1st, 2nd, and 3rd place for both boys and girls. This weekend, the Manhattan boys finished second after winning the Class C state title for the past two years, and the Twin Bridges girls team took home third place after finishing runner-up last year.

On Monday, 12C District President Greg Sager announced the 12C coaches awards. Shields Valley Rebel's 6'3 forward, Jace Page, was selected to the 2024 District 12C All-Conference and All-State Team, as was a 6'3 forward from Gardiner, Parker Wyman. Both were first-time selections.

Page is a junior who plays three sports for the Rebels: basketball, football, and high jump (last year, he placed seventh, although tied for fifth at state in the high jump). He led the Rebels in scoring and rebounds

and helped carry his team to wins during the District 12C tournament over White Sulphur Springs and Lima before they lost to Sheridan to end their season.

I'm convinced Parker Wyman can score from the parking lot as he gets off the team bus. He played a hybrid forward/guard position, as he could see the court and understand what was happening before other players on the court. He also led the Bruins in rebounding and scoring with an 18-point-per-game average. Wyman has one more year left in his high school career and will undoubtedly come back strong for his senior year. He has grown tremendously since his freshman year, and this acknowledgment will only motivate him.

Ellie Reinertson is the old maid on the team. Although she is only a junior, this is



Jace Page scored two of his game-high 27 points against the Lima Bears at the 12C District Playoffs at the Maroon Center in Butte.

the third year she has been named District 12C All-Conference and All-State. Missing the first four games of the Bruins season due to an ankle injury, she still averaged 15 points per game despite drawing a double team from opposing teams. She is among a handful of stars among Montana girls' basketball players, and the sky will be the limit next year, her senior year.

Shayne Taylor, the Lady Rebels sophomore guard, was named to the Girls District 12C 2nd Team All-Conference. This is Taylor's first time receiving an award. The second leading score on the Lady Rebels (7 PPG), she was often the calm voice of the Rebels.

I do have to say that any District 12C Team that leaves Maggie Darr, of the Bruins, off its list of players has to question its coaches about what games they watched this year because they were not the same as the ones I watched. Darr is deserving of a second-team All-Conference selection, at the very least.

Congratulations are due to Page, Wyman, Reinertson, and Taylor for their hard work and recognition. When you see these student-athletes, give them a high-five and tell them what a great job they did for representing their team, teammates, school, and community so well this past season.

*For more photos and great articles, check out the [ParkCountyDugout.com](http://ParkCountyDugout.com).*

# Murphy Sullivan Wins Divisionals —Qualifies for State Next Week

Park County Dugout | Livingston  
By: Jeff Schlapp

He may be the smallest wrestler on the Livingston Little Guy team, but Murphy Sullivan is a gladiator. Showing no fear, he made quick work of Wryder Johnson (Manhattan) as he got him on his back a mere 51 seconds into the championship match. Murphy pinned his way to first place in Divisionals at Pee Wee 38 and qualified for state next Saturday at Manhattan High School. In their second-round match, Murphy was tested during a 10-4 decision over Daxton Gillespie (Townsend). He won by fall in his other three matches. He's taking some friends who are also qualified.

Wrestlers had to finish in the top four of their weight division to qualify for state. In some cases, friends wrestled with friends, but as all wrestling tournaments are with youngsters, the day is about competing and getting out on the mat. Learning a sport that sometimes hurts to compete in is enough for some to be brought to tears. But being able to grit it out until the end of the match, win or lose, for many, was the story of the day.

Chelsea Petz, wrestling in the Pee Wee Girls 40 division, faced off three times against Fletcher Stanley of Manhattan. In their first match, she won 9-3; she came back to lose the second 8-2. The title match was a thriller as it went an extra round, and Fletcher won 12-10 when she was able to take down Chelsea. Next week at state, these two will face off again, and it should be just as exciting.

Adilynn Matson and Hadley Whitford took home third and fourth place in the Pee Wee 45, so both girls will advance to state.

Amelia Petz will travel to Manhattan next week as she earned third place in the Girls Pee Wee 50 division.

Blake Horsley will be able to repeat his appearance at state last year, finishing

fourth place in the Beginner 50 division. Last year, Blake won state in the Pee Wee 44 division, so he'll try to duplicate that in a new division.

Reed Konley is going to state at the Beginner 56 division. In his first match, he pinned Deacon Lee (Manhattan) but was defeated 13-8 by the eventual champ, Taylor Bleile. He came back to beat Bodie Alexander of Manhattan by a fall in 45 seconds and almost duplicated that time when he pinned Silas Bair of Townsend in 51 seconds to claim third place.

Tavin Grant lost his title match in the Beginner 59 division but returned and won the second-place medal, which means he'll be wrestling in Manhattan.

Brady Mezmarich brought home third place in the Beginner 65 division by putting Isaac Lerud on his back at 1:35 for a pin and the victory.

Remington Ricci lost his first match in a hard-fought battle with Daniel Potter (Townsend) but returned, took out his frustrations on Dylan Krum in a 17-2 win, and then pinned Malachi Scharmer (Bozeman) to win third place.

In the Novice 75 division, Logan Marsh won by no contest over Mason Hardaway (Manhattan) to claim second place. Logan will be looking forward to his rematch at state with Liam Stewart of Manhattan who beat him in the title match.

Hunter Horsley won third place in the Novice 80 division when he pinned Brooks Turner (Manhattan) at 1:06 of their match.

In the Novice 96 division, Cooper Jett only had one competitor entered, Elyjah Toney of Townsend. Cooper pinned him in the first match in a quick 40 seconds, then toyed with Toney in the title match and won by Technical Fall 15-0.

Gavin Chandler beat his teammate Lucas Hampson in the first round of the Novice 110 division. He then beat Carter Bryson (Manhattan) 7-4 in the title match. Lucas qualified for state as well by



Kymer Redmond, Abrielle Ricci, and Eleanor Dettori wait to start wrestling at the South West Montana Little Guy Divisional on Saturday at Three Forks High School in Three Forks.

placing third.

Whinter Gibson will wrestle at state after she pinned Josie Hartman (Manhattan). Hartman then chose to forfeit the title match.

Mateo Hernandez finally figured out Leigham Hanks (Big Timber), who had pinned him the previous two weeks in a tough battle. He won a 9-4 decision. Mateo earned second place when Jase Walchuk of Manhattan defeated him for the title.

After winning his first two matches in the Middle 132 division by pin over Jaydon Johnson (Townsend) and Jeremy Hudspeth (Three Forks), Linton Jett faced his teammate Carl Uhler and won by Technical Fall 16-0. Jett will be trying to win his third state title next Saturday. Carl Uhler also qualified for state, winning third in the Middle 132 weight class.

Griffin King won by fall over Bryson Lammle (Bozeman) twice to claim First Place in the Middle 153 division. Griffin is heading to state with a good chance to win the state championship.

And Charlotte Counts is heading back

to state for a second appearance after placing second in the Middle Girls 130 division.

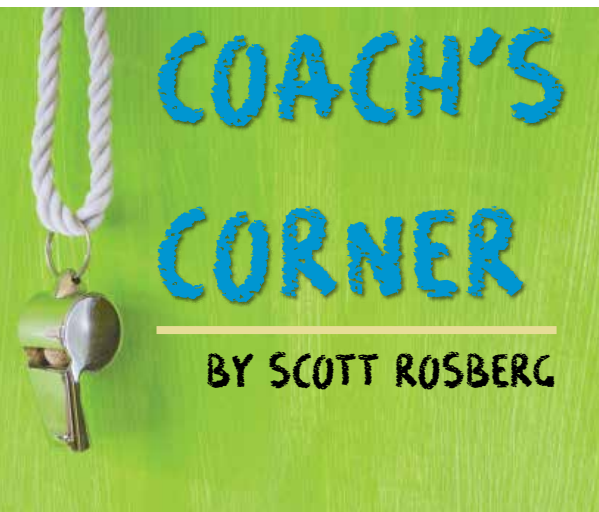
Mason Hartman won the Junior High 126 division by pinning Grayson Otto (Big Timber), Amos Stanley (Manhattan), and Daniel Seymour (Big Timber). Dominating each match, Mason is poised to be the favorite to win the state title next weekend in Manhattan.

This week, the team will practice hard at Lincoln School to prepare for Saturday. For some, it will be their first time wrestling for a state title. They're in good hands with coach Jett and his assistants. Last year, Jett coached his team to their first-ever State Team Title. It might be hard to duplicate that, but the mats will be full of Livingston wrestlers trying their best.

Manhattan High School is located at 200 W Fulton Ave, Manhattan. The first match is Saturday, at 10:00 a.m. It's a short drive; let's fill the gym with purple!

*For more photos and great articles, check out the [ParkCountyDugout.com](http://ParkCountyDugout.com).*





## Confrontation vs. Communication

I've been coaching young people for forty years. I have noticed that at times it seems as if coaches, parents, and athletes have confrontational relationships. I have tried to figure out why this is, and I have tried hard to eliminate it from my coaching situations. However, I'm sure I haven't always been successful at this. Today, I want to talk about coach/parent/athlete relationships and look at ways to strengthen them.



Let's look at the dynamics of the parties involved. First of all, we have the coach. This person is usually an adult or young adult who has been entrusted with the care and livelihood of a group of young people. This group is not necessarily a team yet; they are merely a group of individuals with similar goals. It's the coach's job to develop this group into a team. Along the way, the coach must instill discipline, work ethic, commitment to team, sportsmanship, skill improvement, knowledge of rules, etc. into these young people. Also, the coach is supposed to try to help them win games. These are just some of the many things that a coach is supposed to be doing. Given the amount of time allotted for practice, the types of facilities they have, the experience of the coach, and the various abilities and attitudes of the players, this can be quite a task.

Next, we have the parents. They either have a child that wants to play a sport, or they want the child to play a sport. They love their child very much and have a strong emotional attachment. They want what is best for their child, and they have determined what that is. Sometimes this is as simple as recognizing that their child likes playing a game with other people, so they get their child involved. Other times they may believe that this sport can take their child places (like college), and the child needs to do this in order to get there. Still other times it may be an attitude that the parent played sports and had a good experience, so the child should do the same. Whatever the reason, parents want to see their children have a good experience in athletics.

Finally, we have the young athletes. These are the people who it all revolves around and the ones who matter the most. The first reason most kids play a game is they have fun doing it. They may play because they

love the game, or their friends are playing, or because their mom and dad want them to play or are making them play. Still others play because they have found a talent and because they love the competition of it all. While there are certainly other reasons kids play sports, these are some of the biggies.

When we put these three groups of people together, there can be some major differences. These differences can create confrontations. One reason for confrontation stems from the characteristics of each group outlined above. Each of these groups wants something a little different, yet they also want some of the same things. They all probably want to win games, and they all want it to be an enjoyable experience.

After that, each group's goals probably start to differ. Coaches often seek teamwork, discipline, hard work, sportsmanship, and other values like these as major components of what they deem success. Parents often seek individual success for their child, an abundance of playing time, certain awards or rewards, and maybe their own sense of self-satisfaction in watching their child perform well, succeed, or win. Athletes want individual success, team success, an enjoyable experience, and some type of accolades and recognition for a job well done. Each group has individuals who want more of some of these things than others of these things.

So where does the confrontation come from? As is the case with many problems and breakdowns in any relationship, it most often comes from poor communication. Clear, rational communication must exist among these different people to make any positive movement. It should be a communication that says, "Let's see how we can work together so that all of us can accomplish our goals." A key word here is goals. Each person in the relationship should make his or her goals clear to the others. Then discussions can take place on the reasons, importance, merits, and realities of those goals. Also, discussion can take place on how each person's goals fit together. While it may seem like there is a big gap here, quite often the three groups of people are fairly close in what they want to see happen. However, poor communication (along with differing opinions on how to achieve those goals) often leads to this gap between them.

So how does each group need to communicate? First, coaches need to have a Parent/Athlete Meeting before the season. At this meeting, the coach gives out the core covenants, expectations, goals, rules, and policies for the team. The coach should also talk about his or her philosophy and style of coaching. Finally, the coach needs to open the door to the parents and athletes to come talk about concerns or issues. In this way, all three groups can establish a better line of communication.

Next, parents need to talk to the coach about any questions or concerns they may have. They need to do this face-to-face. Too often, parents communicate major issues and concerns through text, email, or, worst of all, anonymous letters. All too often, these types of communications add to the confrontational aspect of the relationship instead of helping bring some clarity and cohesion to the communication. Parents should ask to set up an appointment. Then, both

parties should sit down and speak calmly and rationally about the issue. There are certain times NOT to approach a coach: before, during, or right after a game or practice or while either the coach or the parents are visibly upset. Trying to talk at these times can result in more problems due to the emotions of the moment.

However, let me stress the importance of making sure to talk to the coach at some point. Sitting in the stands and complaining to others or yelling at the coach just creates more problems with the potential for positive communication. Also, I have had parents say to me, "I don't want to talk to the coach because I don't want it to hurt my kid." While there may be some coaches who would treat a kid poorly after a parent meeting, I have never known one in my forty years in coaching, and I hope I never do. In fact, most coaches that I know, myself included, have tried a bit harder to help a kid more after the player or parent came in to talk about a situation. Whatever the situation is, it is best to go talk to the coach.

Finally, the athletes themselves need to talk to the coach. This is not always easy for a young person to do. This is why coaches often have one-on-one meetings with players, so they can both talk freely about goals, problems, or other concerns. In this type of meeting the coach needs to be straightforward and honest with the player. In return, the player needs to do the same. If he or she doesn't, how can the situation be addressed and helped by the coach? Again, this is the proper form of communication to achieve desired results.

Things that athletes should not do are openly pout, not work hard, yell at a coach, take out frustrations on teammates, miss practice, or quit the team. I have never understood why a player would think that by doing any one of those things, a coach would think, "You know, because of her/his negative behavior, I think s/he deserves to be rewarded with more playing time." Once again, open, honest, rational communication is essential to making things work.

That's a quick look at how I see our roles as coaches, parents, and athletes with regards to confrontation and communication. I hope those of you in any one of those three groups have gained a little insight into the importance of communicating with each other vs. letting things go until you are past the point of calm, rational communication. Hopefully, we will continue to get better at this while we work to create a better environment for our kids to play the games they love to play. We should never forget that that's the main reason we should be involved in athletics—For the Kids.



To check out more materials from Scott, go to his website [SlamDunkSuccess.com](http://SlamDunkSuccess.com). You can email Scott at [scott@slamdunksuccess.com](mailto:scott@slamdunksuccess.com).

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Recipe by  
Carla Williams

# Chicken Cordon Bleu Casserole

**Dijon Cream Sauce**  
3 tablespoons unsalted butter  
2 cloves garlic, grated or minced  
3 tablespoons flour  
½ cup chicken broth  
1 ½ cups milk, skim or full cream  
1 tablespoon Dijon mustard  
1 teaspoon chicken or vegetable stock/Bouillon powder  
¼ cup parmesan cheese, fresh grated  
Salt and pepper to taste  
2 tablespoons fresh parsley, optional, for garnish

**Casserole**  
2 cups fresh broccoli florets, uncooked  
4 cups cooked or rotisserie chicken (shredded or diced)  
2 cups ham, diced  
2 cups Swiss cheese, shredded  
¼ cup Parmesan cheese, fresh grated  
Casserole Topping  
1 cup Panko breadcrumbs  
2 tablespoons butter (melted)

**Equipment**  
A 2-quart casserole dish  
Cook Mode Prevent your screen from going dark


**INSTRUCTIONS**  
Make The Dijon Cream Sauce  
Melt the BUTTER over medium heat in a small saucepan.  
Add the GARLIC and cook until fragrant, about 30 seconds.  
Reduce heat down to low, whisk in

## RECIPE CORNER


FLOUR and cook for 1 minute.  
Gradually pour in the CHICKEN BROTH and MILK, continuously whisking, until the mixture becomes smooth.  
Add DIJON MUSTARD, STOCK POWDER, and PARMESAN into the mixture. Cook for 2-3 minutes, consistently whisking, until it thickens.  
If necessary, add extra milk in small amounts of 1-2 tablespoons at a time to achieve your preferred consistency.  
Finally, season with SALT and PEPPER to your taste.  
Add the PARSLEY, if desired.

**Casserole**  
While making the sauce, heat a medium-sized pot of water with a generous amount of salt until it boils. Add the BROCCOLI FLORETS to the boiling water and cook them for 2 to 3 minutes until crisp yet tender.  
Preheat oven to 400 degrees.  
Place the chicken at the bottom of the casserole dish, and then layer the BROCCOLI and HAM on top of the chicken. Evenly distribute the sauce over the chicken, broccoli and ham. Finish by topping it with both SWISS and PARMESAN CHEESES.  
Mix the PANKO BREADCRUMBS with MELTED BUTTER in a small bowl. Then, evenly sprinkle this breadcrumb mixture over the top of the casserole.  
Place the casserole dish in the preheated oven and bake for 30 minutes, or until the top is golden and the dish is bubbling.

# Annual Gardiner Community Center Chili Cook-off



The annual Gardiner Chili Cook-off will be Saturday, March 30th at 6 pm at the Gardiner Community Center. Everybody loves chili, but everybody does it a little differently. Some like it spicy; some like it meaty; some like it, well, white with chicken! Contestants—please bring a ladle and a large crockpot of your best chili by 5:30 pm.  
Cost is \$10 per person, \$6 for kids 12 and under, or by donation for large families. They will provide many topping options.  
Taste testers—crops open at 6 pm and the sampling begins. The attendees vote for the top three chilis overall. Who will be Grand Prize winner of the Golden Ladle? The ladle is engraved with each year's winner on it. The winner takes possession of the ladle for their year and brings it to the rematch. There will also be a Cookie contest where attendees vote for the best cookie. That prize is a trophy that passes along like the golden ladle does.  
Come out for a night of fun, fellowship, and good eating to celebrate the community. Enjoy great music, lively dancing, a delicious dinner, and cookies galore. BYO booze. All proceeds go to support the Gardiner Community Center. Please FB message, or text Shawn to sign up at 406-223-8595.






# TACTICAL CIVICS™

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-  **partisan politics...**
-  **what is being taught in schools...**

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You're Invited: Introduction to **TACTICAL CIVICS™**

**WHEN:** Tuesday, March 26 at 6pm

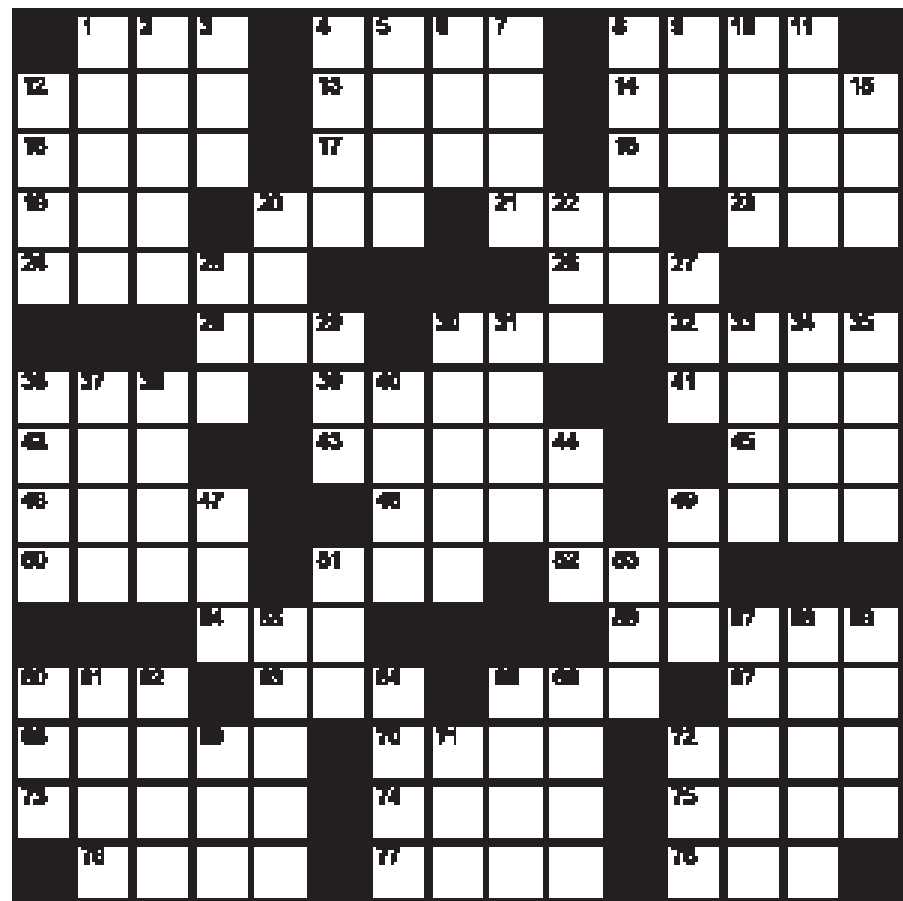
**WHERE:** Livingston Park County Public Library, 228 W. Callender St., Livingston

Presented by: Park County Chapter of **TACTICAL CIVICS™** - Text or call for more information: 406-946-2201





Crossword Puzzle Number 322



Across

- 1 Spanish hero El ---  
4 Deep cut  
8 Big cheeses  
12 Flower jar  
13 --- Falco, Nurse Jackie  
14 Paragon  
16 Formerly Persia  
17 Rich, in Spain  
18 Soothing ointment  
19 Small cell  
20 Author  
21 Oregon summer clock setting  
23 Lone Star State (Abbr.)  
24 One over a major  
26 Small amount  
28 Neighbor of Neb.  
30 Noncom  
32 Irritate  
36 Open pastry dessert  
39 Carnival  
41 Nothing  
42 Lubricate  
43 Untamed  
45 Chafe  
46 Speck  
48 Enticement  
49 Software menu option  
50 Crystal ---  
51 Tucson time  
52 West Atlantic international grp.  
54 Menagerie  
56 "A Doll's House" dramatist  
60 Atlanta-based health grp.  
63 Lettuce variety  
65 Building extension at a right angle  
67 Gaza Strip grp.  
68 Pray in Latin  
70 Minnelli with a zee

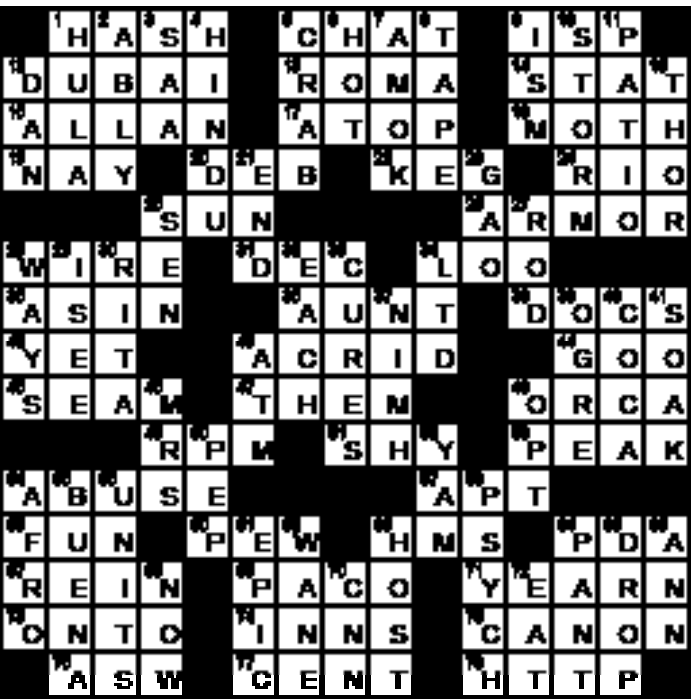
72 Weeders' tools

- 73 Country music's --- Tucker  
74 "--- in the Dark" (Streep movie)  
75 Appetite  
76 "--- there, done that"  
77 Poddled vegetables  
78 "--- Porter" (Johnny Cash song)

Down

- 1 Diamond weight unit  
2 Writer --- Asimov  
3 Room for relaxing  
4 Buddhist actor Richard ---  
5 Tennis server's edge  
6 Attack command  
7 Abundance  
8 Grand view  
9 Actress/director/producer --- Lupino  
10 Bombard  
11 Preserve  
12 Pharmacist's container  
15 Latin law  
20 Provide  
22 Banned insecticide  
25 Possess  
27 Show --- (entertainment industry)  
29 Rancid  
30 Support column  
31 Apparatus  
33 Slender fork-tailed gull  
34 Gunk  
35 Drifter  
36 Floating bubbles  
37 Low calorie variety  
38 Loads  
40 Long slippery fish  
44 Fifth sign of the zodiac  
47 Freq. unit  
49 Type of computer connection

Crossword Puzzle Number 321 Solutions



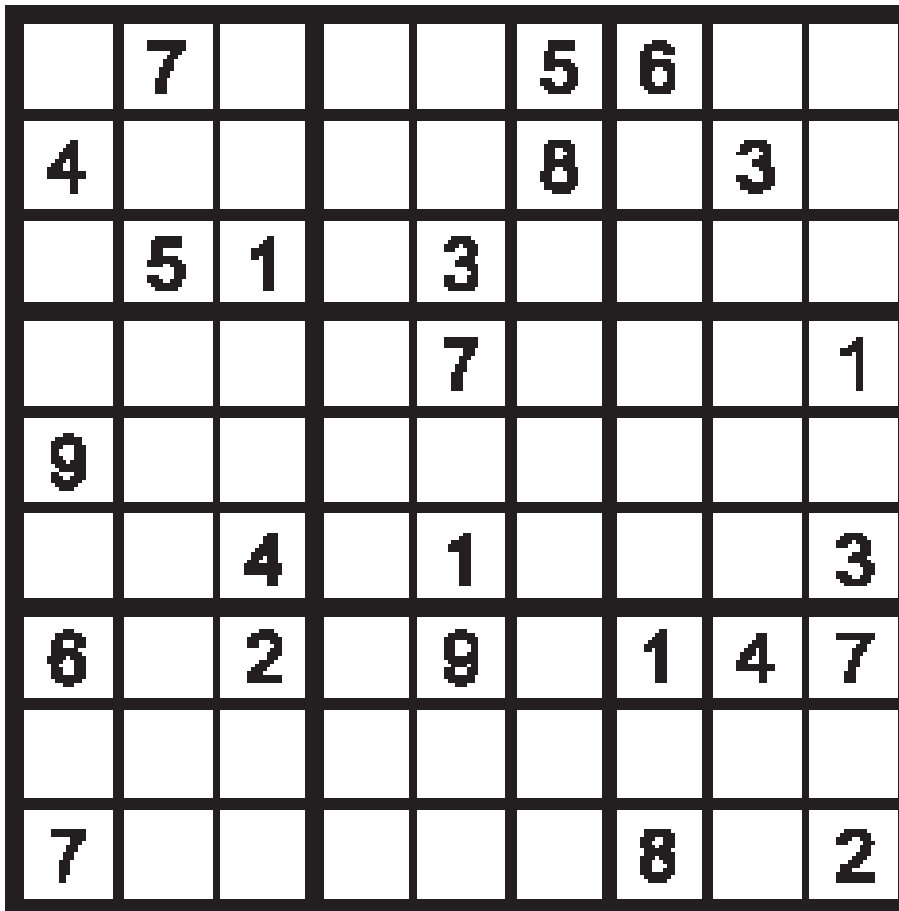
- 51 Low  
53 Suffer  
55 Huge amount  
57 Pollen grain  
58 Lament  
59 Small winning margin  
60 Military bed  
61 Dingy  
62 Malacca  
64 Strike with an open hand  
65 Writer --- Pound  
66 Sung poems  
69 Whiskey variety  
71 Diamonds  
72 Bewildered response



- Airy Iris Soft  
Anew June Sower  
Awake Kid Stem  
Bee Kites Sun  
Bikes Lamb Sweet  
Bud May Swim  
Bulb Melt Teem  
Clean Nest Thaw  
Dart Rainy Twigs  
Eggs Romp Warming  
Grow Seeds Wet  
Hat Sky Wind



Sudoku Puzzle Number 321



We here at PCCJ love bringing you this outlet where our community can share their ideas, thoughts and events to everyone in Park County.

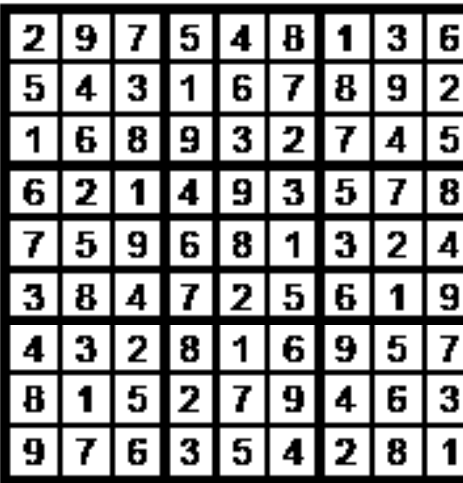
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You can make donations online at [www.pccjournal.com](http://www.pccjournal.com) - Thank you!

Sudoku Puzzle Answers 320





# Classifieds

## ANNOUNCEMENTS

### Trash Talk

Join us the first Tuesday of the month for a conversation about working towards living zero waste in your household and community. What actions do you take that help reduce overall waste and impact on the planet? We want to hear them! Come share your habits, objectives, ideas, and questions in a structured, education, open conversation. Dates, Locations, Time:  
• April 2nd, 5:30pm-7pm  
Neptune's Brewery  
Subject: Yard and Garden  
*Presented by Yellowstone Bend Citizens Council.*

For need to know information during a disaster or emergency, sign up for Nixle. Text your zip code to 888777 or sign up online at [www.parkcounty.org](http://www.parkcounty.org).

## HELP WANTED

Key Insurance in Livingston is looking to hire a **Licensed Insurance Agent** to our team. We are dedicated to providing individuals, families, businesses and their employees with the very best in supplemental benefits. Working hand-in-hand with our customers, our dedicated sales force provides personal face-to-face service that is almost unheard of in today's business world. We are committed to providing our clients with the right protection, customized to their needs. We offer \$55K to start depending on qualifications. Please contact Alice at 406-222-0944 to schedule an interview or email resume to [alice@montanainsurance.net](mailto:alice@montanainsurance.net).

### Now Hiring at The Office!

Part-time retail sales position available at the Office 128 South Main Street. E-mail resume to [info@officeloungeandliquor.com](mailto:info@officeloungeandliquor.com), go online to our website, or stop by for an application today!

**Park County Community Journal** is looking for a general assignment reporter. We are looking for a individual willing to get involved in the local community with writing briefs to in-depth stories about people, events and issues facing the community. May require evening and/or weekend work. Schedule is very flexible. Please email your resume to Steph at [community@pccjournal.com](mailto:community@pccjournal.com) to schedule an interview.

**Livingston Community Bakery** is seeking a baker to join their dynamic team. We create delicious... amazing pastries, cookies, cakes, bread and

much more. To apply, email your resume and cover letter to [careers@livingstonfrc.org](mailto:careers@livingstonfrc.org).

### Experienced Auto Body Technician

Come work for a business where you are not just a number, but a team member. If you are an experienced auto body technician with a wide range of skills, we'd like to talk to you. Our technicians perform welding, framework, sheet metal straightening, aluminum repair and light mechanical to suspension replacement. The position requires directions from estimates and work orders to be completed perfectly. Must supply own tools and toolbox, a valid drivers license and have reliable attendance. Must be able to spend time on your feet and able to lift to 50 pounds. Equal opportunity employer. Pay is hourly and performance-based. Paid holidays, 5 paid personal days, 401K & Health Insurance after 1 year or probationary has been met. Schedule is Monday through Thursday 7 am to 6 pm. Apply by stopping in the shop, 908 East Park Street, Livingston, calling 406-222-0214 or email: [bob@oconnorautobody.com](mailto:bob@oconnorautobody.com). O'Conner's Auto Body is a busy shop, and has been making the community's autos look like new for over 50 years.

**Prep/Applicator for Rhino Linings of Livingston** Requires physical labor, no previous experience necessary, training available, \$20/hour DOE. Stop by 320 1/2 N. Main Street and speak with Helena for more information.

**Loaves & Fishes Soup Kitchen** is looking for kitchen volunteers. If you would like to join a team to cook, serve, and/or clean up, please call the kitchen. You can sign up individually or as a group with a few of your friends to make it more fun! Call and ask for Rosa, 406-222-4824.

### 911 Communications Officer

The City of Livingston, Montana is seeking a highly motivated individual to perform role of 911 Communications Officer in the Livingston Police Department. Please apply at [www.livingstonmontana.org/jobs](http://www.livingstonmontana.org/jobs).

### Heavy Equipment Operator

The City of Livingston, Montana is seeking a highly motivated individual to perform the role of Heavy Equipment Operator within the Public Works Department. This is a full-time role in Public Works with primary duty assignment in Water/Sewer. Heavy Equipment Operators perform a variety of duties involved in the installation and repair of City infrastructure. This position performs highly skilled operations near gas,

water, sewer, telecommunications infrastructure and also performs work in the public right of way. This position is a vital position working in consultation with the Superintendent and other public works staff and leadership. Please apply at <https://www.livingstonmontana.org/hr/page/heavy-equipment-operator>.

### City Pool Manager – Summer 2024

– Seasonal, Temporary. The Seasonal Pool Manager is responsible for the overall daily operations of the municipal swimming pool, associated aquatic programs, activities, employee training and supervision. This position will report to the Recreation Director. The Pool Manager will serve as the Manager-on-duty at the City of Livingston City Pool. This position will supervise approximately 12 part-time, seasonal pool attendants. Please apply at <https://www.livingstonmontana.org/hr/page/city-pool-manager>.

### Public Works – Streets and Parks – Spring and Summer 2024 – Seasonal, Temporary.

The City of Livingston, Montana is seeking multiple 2024 spring and summer seasonal employees to work in the Public Works department supporting tasks in the Parks Department (including Cemetery) and the Streets Department.  
• Parks and Cemetery assists with performing maintenance on the City parks, mowing, weed removal, and minor repairs to playground repairs, pool maintenance, trails, and trees.  
• Streets assists with street sweeping, pot hole patching, painting, chip sealing, and other street activities including alleys. Please apply at <https://www.livingstonmontana.org/jobs>.

### Project Manager – Public Works – Full-time Year-round - Performs

as an experienced professional working in the Public Works department. Responsible for the management of the City's capital projects, as well as coordinating with private utility infrastructure projects. Work is performed under the direction of the Director of Public Works. Position relies on advanced level construction and engineering experience and exercises independent judgment to determine best approaches by using and interpreting City policies and procedures. Please apply at <https://www.livingstonmontana.org/jobs>.

**Gardiner Public School** is looking to hire a qualified candidate to fill the position of Director of Maintenance and Supervisor of Grounds. Applications are on our website at [www.gardiner.org](http://www.gardiner.org) and can be emailed to [Super@gardiner.org](mailto:Super@gardiner.org) or at the school (510 Stone St, Gardiner, MT, 59030). This position is greatly needed to assure the District's buildings and grounds are in such a state of operating excellence that they present no problems or interruptions to the educational program.

**Gardiner Public School** is desperately seeking applicants who possess or are willing to obtain a Class B CDL license w/passenger endorsement and air brakes endorsement. Anyone interested, please contact Patricia Baltzley, Board Chair, [baltzleyp@gardiner.org](mailto:baltzleyp@gardiner.org) or call the school @ 406-848-7563.

**Outlaw's Pizza** is currently hiring for various positions, including in the kitchen, front of the house and bar. Full-time or part-time. Please contact Erin by phone at 406.848.7220 or by email at [jkempenterprises@gmail.com](mailto:jkempenterprises@gmail.com) to apply.

**Frontier Mercantile, Bugling Elk**

**and High Country Gallery** are currently hiring for sales associates positions. Full-time or part-time. Please contact Erin by phone at 406.848.7220 or by email at [jkempenterprises@gmail.com](mailto:jkempenterprises@gmail.com) to apply.

**Detention Officer** - Are You Trustworthy, Self-Motivated and Community Minded? The Park County Sheriff's Office is looking for one new full-time team member interested in a career in a law enforcement capacity with our Detention Center in service to Park County residents and visitors. Open until filled. For more information and to apply online go to: [https://jobs.parkcounty.org/jobs/37/Detention-Officer#job\\_37](https://jobs.parkcounty.org/jobs/37/Detention-Officer#job_37).

**Sheriff Deputy** - Are You Trustworthy, Self-Motivated and Community Minded? The Park County Sheriff's Office is looking for one new full-time team member interested in a career in a law enforcement capacity in service to Park County residents and visitors. To apply go online to: [https://jobs.parkcounty.org/jobs/7/Sheriff-Deputy-JOB-10301019-open-until-filled#job\\_7](https://jobs.parkcounty.org/jobs/7/Sheriff-Deputy-JOB-10301019-open-until-filled#job_7).

**Justice of the Peace** (Early Term Vacancy)- We are seeking a qualified individual to fill an early term vacancy for the position of Justice of the Peace. The appointed individual will serve in this capacity through December 31, 2024, pending the election and qualification of a successor. The deadline to apply is March 22, 2024 at 5pm. The Board of County Commissioners will make their decision on an appointee on March 26, 2024 at the 9am Commission Meeting. Please click Please apply at [https://jobs.parkcounty.org/jobs/122/Justice-of-the-Peace#job\\_122](https://jobs.parkcounty.org/jobs/122/Justice-of-the-Peace#job_122).



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## How to place your Classified Ad!



We have three classified ad packages to choose from, your ad will be displayed for 7 days, will also be added to the Park County Community Journal website AND the Park County Dugout website.

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To place your ad go online at [www.pccjournal.com](http://www.pccjournal.com) or email [community@pccjournal.com](mailto:community@pccjournal.com) and someone will call you back for payment.

If you need more space, please call Steph at 406-220-0919 or email Steph at [community@pccjournal.com](mailto:community@pccjournal.com) for more information on placing a larger classified ad.





# Landmark REAL ESTATE

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**16 Wild Horse**  
3 beds 2 baths | 2,016 sq ft  
#390156 | \$1,400,000  
Tammy Berendts | 406-220-0159



**512 North K Street**  
2 beds 1 bath | 896 sq ft  
#390201 | \$415,000  
Jon Ellen Snyder | 406-223-8700



**512 Miles**  
Commercial Sale | 4,212 sq ft  
#389433 | \$540,000  
Tammy Berendts | 406-220-0159



**1296 US Hwy 10 W**  
Commercial Sale | 10,160 sq ft  
#381239 | \$2,400,000  
Ernie Meador | 406-220-0231



**48 O'Halloran Road**  
2 beds 3 baths | 2,112 sq ft  
#386989 | \$860,000  
Julie Kennedy | 406-223-7753



**90 Paradise Found Drive**  
Land Listing | 10+ acres  
#389634 | \$435,000  
Theresa Coleman | 406-223-1405



**320 South C Street**  
1 bed 1 bath | 440 sq ft  
#385422 | \$320,000  
Ernie Meador | 406-220-0231



**118 N Main Street**  
Commercial Sale | 6,250 sq ft  
#388767 | \$1,500,000  
Jon Ellen Snyder | 406-223-8700



**416 N 3rd Street**  
4 beds 2 baths | 2,074 sq ft  
#390051 | \$619,000  
Deb Kelly | 406-220-0801



**101 Hannaford Street N**  
1 bed 1 bath | 570 sq ft  
#389276 | \$239,000  
Tammy Berendts | 406-220-0159



**89 Deep Creek Road**  
3 beds 2 baths | 1,771 sq ft  
#388136 | \$3,195,000  
Amanda Murphy | 406-220-4848



**27 Royal Wulff Road**  
4 beds 2.5 baths | 2,668 sq ft  
#384306 | \$1,899,000  
Gillian Swanson | 406-220-4340



**49 Two Dot Highway**  
2 beds 1 bath | 1,160 sq ft  
#389858 | \$350,000  
Rachel Moore | 406-794-4971



**7 Clear Springs Road**  
Land Listing | 22.3 acres  
#388239 | \$599,000  
Julie Kennedy | 406-223-7753



**401 S Main Street**  
Commercial Sale | 10,375 sq ft  
#384182 | \$2,200,000  
Ernie Meador | 406-220-0231



**78 Arcturus Drive**  
Land Listing | 7.06 acres  
#378949 | \$295,000  
Deb Kelly | 406-220-0801

## Meet the Team...

Amanda has been a resident of Livingston since 1979 and a full-time licensed real estate salesperson since 1999. She loves Montana's extraordinary beauty and warm-hearted people.

Her commitment to community includes involvement in and support of many local organizations including Big Brothers Big Sisters, Park County Search and Rescue, Yellowstone

**Amanda Murphy**  
Sales Associate, ABR, CRS, GRI, GREEN  
406-220-4848  
amanda@eralivingston.com

Gateway Museum, The Blue Slipper Theatre, Community Closet, Western Sustainability Exchange, and the Park County Community Foundation.

"Amanda got right to the job of selling my house. I had two offers within 48 hours. She made the selling process easy and clear, and she made many excellent suggestions and offered much support."

- Patricia Robey



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# Gibson Family Expands Eligibility for David Gibson Memorial Scholarship And Increases Amount of Award

LIVINGSTON, Mont. -- After David Gibson passed away in September of 2020, his family established a scholarship in his honor to support a Park County student wishing to attend a vocational or trade school. In 2023, the family decided to expand the eligibility for this scholarship beyond current high school seniors, and now young people aged 21 or younger are welcome to apply. This modification enables applicants to take a break between high school and vocational training or choose to pursue additional academic studies before entering the trade school of their choice.

To further support the vocational training goals of Park County youth, in 2024 the David Gibson Memorial Scholarship will increase from \$500 to \$1,000 per student and be awarded to two students instead of one.

Applications are due by April 2nd and require one letter of recommendation. Students who have graduated from a Park County High School or were homeschooled in Park County are eligible to apply, as are students who are currently enrolled in a career or technical education program and seek funding for their ongoing education.

The scholarship is administered by the Park County Community Foundation,

and additional application details are available on their website at <https://find.pccf-montana.org/gibson-scholarship> or by calling the Community Foundation's office: 406-224-3920.

David Gibson was born on July 25, 1941, in Livingston and he received his education at Springdale School and Park County High School. Always ready

to help, he shared his vast knowledge in all aspects of agriculture with anyone eager to learn—and even with those not so eager to learn but who needed

to be taught the cowboy ways. He was an inventor, a mechanical genius, and a fixer of all things who held a patent on the Gibson Round Bale Feeder. He always had a project going or was helping others with their cattle, fencing, farming, and anything else that he knew needed doing.

"We are honored by the Gibson's family trust in allowing us to administer this scholarship," said Barb Oldershaw, Program Director for the Park County Community Foundation. "David's widow, Joann Gibson, as well as his extended family have been incredibly thoughtful in considering how adjustments to the application requirements can better fulfill their goal of getting these funds to a deserving Park County graduate. We look forward to reviewing the 2024 applications."

PARK COUNTY  
COMMUNITY  
FOUNDATION

# MSU SCHOOL OF MUSIC PERFORMANCES RETURN TO THE SHANE CENTER

(Livingston, MT) On Sunday, April 7th at 3 pm, the Shane Lalani Center for the Arts hosts Montana State University School of Music faculty for the next installment of the MSU School of Music at the Shane concert series.

The concert is set to feature saxophonist Wonki Lee, violinist Jihye Sung, pianist Julie Gossweiler, and the Montana State University Saxophone Quartet. The Quartet players include Tanner Crow on soprano saxophone, Nate Deuel on alto saxophone, Jordan

Jensen on tenor saxophone, and Garrett Nelson on baritone saxophone.

Concerts take place in the Dulcie Theatre at the Shane Lalani Center for the Arts in Livingston.

Concessions are available

before the show. Doors open at 2:30; show begins at 3 pm. Tickets are available at [www.theshanecenter.org](http://www.theshanecenter.org) or by calling the Shane Center Box Office at 406-222-1420.

MSU School of Music at the Shane is generously sponsored by Donald B. Gimbel & Carol Glenn & Sal Lalani.



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163 Chico Road, Pray, Montana

Music starts at 9pm until 1am, unless otherwise noted

March 22<sup>nd</sup>-23<sup>rd</sup> (Fri-Sun) **TSUNAMI FUNK** Funk, Groove & Soul

March 29<sup>th</sup>-30<sup>th</sup> (Fri-Sun) **710 ASHBURY** Grateful Dead Cover Band

April 5<sup>th</sup>-6<sup>th</sup> (Fri-Sun) **THREE EYED JACK** Rock & Roll

April 12<sup>th</sup>-13<sup>th</sup> (Fri-Sun) **BRICKHOUSE BAND** Funk & Soul

April 19<sup>th</sup>-20<sup>th</sup> (Fri-Sun) **BLACKWATER BAND** Rock & Roll

April 26<sup>th</sup>-27<sup>th</sup> (Fri-Sun) **IAN THOMAS & BAND OF DRIFTERS** Classic Country

May 3<sup>rd</sup>-4<sup>th</sup> (Fri-Sun) **WENCHO** Annual El Wenko de Mayo Weekend!

May 10<sup>th</sup>-11<sup>th</sup> (Fri-Sun) **SHAKEDOWN COUNTRY** Country

May 17<sup>th</sup>-18<sup>th</sup> (Fri-Sun) **THE FOSSILS** Authentic Hippie Band

May 24<sup>th</sup>-25<sup>th</sup> (Fri-Sun) **BAD NEIGHBOR** Acoustic Porch Pickin

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